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BIBLE YEAR BOOK OF THE NEW THOUGHT

MARY P. HAYDON

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Bible Year Book of the New Thought

WITH DAILY AFFIRMATIONS FOR EVERY DAY IN THE YEAR.

COMPILED BY

MARY F. HAYDON.

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THESE AFFIRMATIONS

ARE DEDICATED WITH LOVE

TO MY FIRST TEACHER IN THE NEW THOUGHT,

FRANCES E. WILLARD,

OF EVANSTON, ILLINOIS.

INTRODUCTORY.

It was many, and many a year ago, that I was placed in an Evanston boarding school under Miss Willard's immediate and loving care. I was a merry hearted girl—full of careless joy—"Anything for fun"—I was critical, easily injured, sensitive, but in the main kindly.

Miss Willard taught me somewhat of Swedenborg, more of Christ. Something of Emerson, more of the "God within." When I was discouraged she would say—"Why, Mary, joy is all within! get it out! Come, let us reason within ourselves. No one can help you, no one can influence you, except your own self. Assert yourself. Find your own abiding place. Get still—so still. God loves you. He wants you. Will to do right, and soon your 'I will' will hate the wrong."

"After tea" in the old college there was one lonesome half hour before devotions. It came to be Miss Willard's custom to sit with me in the twilight and ask me to tell her "nice things about people." She taught me to tell at least one person each day some "*nice* thing" about

themselves. So love began to lighten up the faults of others, and I grew less critical.

I can see Miss Willard's dear face with its glow of auburn, wavy hair, as she said, "O! little Mary, Love, Love all the world! All there is, is Love! God is Love." Now, after all these years, when I hear the words "God is Love," I feel strong, I feel brave, for if Love is God, how abundantly God is in us. Miss Willard's creed was, "Love covers a multitude of faults. I know something 'nice' about everybody! I will make life a cheery way to those about me! I can do what I will to do!"

When I took this work of affirmations from Mr. Flower my spirit said to the Mary of me, "I know something nice of you. You can do it." The spirit was willing, Mary was weak—perhaps she had not learned the "Scientific Law of Affirmation."

The work dragged. I counted the three hundred and sixty-five days and they seemed interminable. When I slept I saw the figures 365 on a blackboard—with scripture texts, wrong quotations—as "Abraham begot somebody," et al. I awoke in the morning and destroyed the pages of the day before. And went on with resistless but useless force. I *tried* too hard. I just couldn't do it. My attention was elsewhere. I did not concentrate. I was doing it mechani-

cally—and thinking of pleasing Mr. Flower. One day the Spirit said, "You are doing this to prove your own conscious Kingdom of Heaven. You rule your Kingdom, God is within. Wake up—concentrate."

I was to have met (the day before Christmas) a friend of many years who was in a very successful venture. I was to enter into a contract with him which assured my future as far as finance was concerned. What was my sorrow on December twenty-third, to hear that my friend had passed away—out of earthly conditions without a moment's warning. I simply said, "God has forgotten the world." Duty said, "Here, right now! get to your Affirmations." "O! how can I affirm on cold, white paper when I don't believe a word of it all?" I went into my silence chamber—the floor seemed coming up to my face—Spirit said, "Mary, you must find your center—I am Spirit—I know something 'nice' about you—you can conquer—Spirit is not cruel—Spirit does not take friends from you—I am Love. Inasmuch as you think you suffer now, awake to your Divine right to Peace. Arouse! go out and find another suffering soul to lead to Higher Thought."

I said:

"I am Peace, Peace passing understanding. I Concentrate on Boundless Peace. Now, Concentrate *Now*."

All at once a sense of acceptance of the situation, a feeling as if the "Substance" of Peace

enveloped me. I had affirmed mechanically, and, lo! Peace was all about me. I said, "Dear God, wilt thou, *if* Thou seest me worthy send me Thy blessing?" Then I began to wonder, as I always do when I say "*if*." I "wondered how far off God had to go to get the blessing." I opened my spiritual eyes, and, lo! my heart, my soul, my arms were full. The blessing was mine. He "heard before I called." God wanted me to hasten and clasp my blessing.

That blessing was my work on affirmations.

Freely I had received, freely I must give. Lo! when I came back to my "scripture book" wherever the words Love or Peace were they shone out in colored letters. I could have declared the pages of little, old, cheap Bible were literally and truly illuminated. Was it spirit light that sent illumination through me? I found my blessings then in change of thought by concentration.

I then read those exquisite and world-wide verses of Ella Wheeler Wilcox, "Keep Out of the Past," and, "Laugh and the World Laughs With You." It seems to me as though Miss Willard and Mrs. Wilcox were "fore-ordained" preachers of the Higher Thought.

I had been thinking sorrow and troubled finance. Shakespeare says, "Nothing is so good or bad, but thinking makes it so." I, by concentration, turned the dark current of my being and sent joy bounding through my veins. I counted

the blessings I really possessed and found I was rich.

Now, to the beginner in New Thought, take these affirmations as you put on rubbers when you do not want to do so. Knowing you cannot fall if they are worn; affirm, at first, *mechanically*. A boy said, "I don't like salt pork." His father said, "Eat it 'gainst you do." So I say to you, affirm—aloud! Build a little fence of faith up-stairs in your brain. Never depreciate yourself—remember God's child is pure. Awake to the Divine knowledge that it is no dream, no chimerical thought—you are a child of God.

You may call Him your grandfather, as a little child was taught who could not let go the earthly father thought. Call upon Him. Find your *Center*. And in that little, round, white place, where all is silence, think of God as your breath, as sunshine, as cooling breeze, as limpid water, as Knowledge, as Power, as "substance of things hoped for." Sit still, listen, breathe deep. "He is nearer than hands and feet." Nothing can take from you this Divine Inheritance.

You are abundant life.

You have within you this great, calm, sunny lake to sit beside. Drop in your net—all things are yours. The Divine Spirit holds you in your Throne the silence of your own soul.

"The Kingdom of God is within you."

Lovingly,

MARY F. HAYDON.

January

The Bible Year-Book.

1 *As a man thinketh in his heart so is he.—Prov. 23:7.*

It is the Law, I must speak and live from the heart.

I will be pure in thought, that I may have life more abundant.

I am happy. I am pure in heart.

I shall see God.

2 *Then thy light shall break forth in the morning.—Isaiah 58:5.*

I know mighty works of God shall be done through me.

I am strong to command. I am the word made flesh.

Thy light is mine.

3 *And thine health shall spring forth speedily.—Isaiah 58:8.*

I shall express health speedily.

I am conscious of perfect health.

I am God's image.

4 *As Christ forgave, so also do ye.—Col. 3:13.*

Over all shines the Father's Love.

I am illumined with love.

I forgive.

I have no enemies.

I bear no malice.

I am Love.

I am forgiveness.

January

5 *The truth shall make you free.—John 8:32.*

My Divinity is assured.
I am free in the knowledge of truth.
I am Divine Consciousness.
The truth hath made me free.

6 *He hath said I will never leave thee.—Heb. 13:5.*

All seeming ills vanish.
He is near.
He never leaves me.
He leads me.

7 *Behold what manner of love the Father hath bestowed upon us that we should be called the sons of God.—I John 3:1.*

Knowing that God loves me casts out fear, casts out dejection. God is a Great Good. I am good.

I am a son of the Great Good.

8 *And hereby we know that he abideth in us by the spirit which he hath given us.—I John 3:24.*

I feel in myself more and more power.
The spirit speaks to me.
I am a healing power in my own family.

January

9 *For this is the message ye have heard from the beginning, that ye love one another.—John 15:12-17.*

I will be as a little child.

I will be gentle, patient, tender, thoughtful to everybody; yes, everybody.

I am rich, because I have so many to be good to.

10 *The manifestation of the spirit is given to every man to profit withal.—I Cor. 12:7.*

All life through the Spirit is Peace, Harmony, Love.

I am full of all riches.

11 *Lord thou knowest that I love Thee.—John 21:15.*

God of my soul, O! I love Thee. Thou art my keeper.

I stay myself on Thee.

Love is all the law.

12 *Speak evil of no man.—Titus 3:2.*

I am blind to another's faults.

I am patient.

I see no evil—all is Good.

January

13 *Whatsoever things are true, * * * whatsoever things are pure, * * * whatsoever things are of good report,* THINK *on these things.—Phil. 4:8.*

Think. I think as I think, so my heart is. Therefore, I think on good.

I am pure. I am true.

I *think* good thoughts.

14 *Truth shall spring out of the earth, and righteousness shall look down from Heaven.—Ps.85:11.*

Truth is immovable, but it springs eternal in the still, small voice within; and Heaven is mine when I obey that voice.

15 *Hast thou faith? Have it to thyself before God. Happy is he that condemneth not himself in that thing which he alloweth.—Romans 14:22.*

I never depreciate myself—God made me in His own likeness.

I am faith in God.

I am faith in myself as a child of God.

16 *Not that we are sufficient of ourselves to think anything as of ourselves, but our sufficiency is of God.—II Cor. 3:5.*

Destiny cannot harm me.

God is my Loving Father, my abundant life.

I am Spirit. I am Good.

January

17 *For all the law is fulfilled in one word, even in this; Thou shalt love thy neighbor as thyself.—Gal. 5:14.*

Love returns to me great dividends. God is Love.

I am pitiful to my neighbor. Pity is akin to Love.

I will put more Love into every Act.

18 *And this I say unto you, walk in the spirit.—Gal. 5:16.*

I live each hour in converse with the voice of The Spirit.

The Spirit guides me.

I walk in Peace.

19 *God hath given us Eternal Life.—I John. 5:11.*

I am in Eternity, Now.

The life eternal and abundant is mine.

I am life everlasting.

20 *The Lord hath done great things for us.—Psalm 126:3.*

I praise the Lord.

I magnify His Holy name. I am rich in all his great riches.

January

21 *Blessings are upon the head of the just.—Prov. 10:6.*

God blesses me.
He blesses my family.
We are His loving little ones.
We have become as children, and He blesses. Thank Him.

22 *And this is Life Eternal, that they may know Thee, the only true God, and Jesus Christ, whom Thou hast sent.—John 17:3.*

A new consciousness is mine.
I am aware, I am alive to Thy presence.
I know myself.
I have a new name.

23 *And now, O Father! Glorify Thou me with Thine Own Self, with the glory which I had with Thee before the world was.—John 17:5.*

I am immortal.
I am Thy child, and like unto Thee.
I am the image of light.

24 *Holy Father, keep through Thine Own Name those whom Thou hast given me, that they may be one—as we are. John 17:11.*

I send love in all my acts to all about me. I heal them. I bless them. I forgive every hurt.
I am one with God.

January

25 *Sanctify them through Thy truth.*
Thy word is truth.—John 17:17.

God is my Father.
He is truth.
I am His child.
I am sanctified by His truth and grace.
I am God's Love.

26 *Neither pray I for these alone but for them also which shall believe on me through their word.—John 17:20.*

No partiality.
No respecter of persons.
All that believe, Christ asked gifts for.
How great His compassion.
I am compassion, I am power.
I will pray for all the world.

27 *That they may all be one; as Thou, Father, art in me and I in Thee, that they may be one in us.—John 17:21.*

Thou art present in every part of my being.
There is no room for fear.
Thou fillest me with Thy Greatness.

28 *I am the Lord. I change not.—Mal. 3:6.*

There can be no change in me because I am of the Lord. I am unchangeable for He is Omnipresent.

Omnipresent. Omni-present.

January

29 *I, even I, am He that comforteth you.—Isaiah 51:12.*

I feel the nearness of God.
I am comforted in His friendship.
Earthly fears are gone.
I am near.—The Comforter.

30 *I am come that they might have life.—John 10:10.*

I have found Eternal Life.
I live in the Now.
I am sure of my inheritance.

31 *The Lord bless thee, and keep thee.—Numbers 6:24.*

The promise is mine.
God blesses me.
I count my blessings each day.
I count them o'er and o'er.
They multiply as I count.

February

1 *Neglect not the gift that is in thee.—I Tim. 4:14.*

I am sure of my talent.

I have the abundance of Good to inspire me. I am inspired.

I am gifted with the spirit.

I can do all that I will to do.

2 *The Lord shall greatly bless thee.—Deut. 14:4.*

Every day I am blest in little things.

I have health, strength; I am strong to do and dare everything.

Nothing daunts me. I am courage.

3 *Ye shall abide in my love.—John 15:10.*

A blessed peace is mine.
Never lonely, never gloomy, I rest in His love.
Earthly things lose power over me.

4 *Watch ye, stand fast in the faith.—I Cor. 14:13.*

Faith produces miracles.
I am Faith.
I can perform miracles.
I in Him and He in me.
I have overcome self; that's a miracle.

February

5 *Early will I seek thee.—Ps. 53:1.*

I have found an ever, steady, burning light within myself.

A tender, low voice says, "Come to me, I am wisdom, I am Love." I hasten to seek Thee.

6 *The Lord is my rock.—2 Sam. 22:2.*

I am an open book.

God shines through all my pages. The world may read by my light.

The Lord is my rock.

7 *All things are possible to him that believeth.—Mark 9:23.*

I believe, and, therefore, I am able to overcome.

I know my power.

I am using it every hour.

8 *Certainly—I will be with thee.—Exod. 3:12.*

I feel the presence of the Spirit.

The inner voice comforts me.

I am that I am.

February

9 *He careth for you.—I Peter 5:7.*

All my days are free.
God orders my ways.
The Holy Spirit is with me and directs my paths.

10 *Teach me to do Thy will.—Ps. 143:10.*

I sit alone. I ask Thy will.
I hear the voice that teacheth me. I am Spirit, I am Health and Strength because I do thy will.
I am well.

11 *Be glad in the Lord.—Ps. 104:34.*

Away with doubts! No room!
I am glad in the Lord.
I am redeemed through His Love. Praise Him, O! my soul.

12 *I am thy shield.—Gen. 15:1.*

I am cared for. I am never afraid.
I do not borrow trouble.
God is my shield, I can brave any warfare.

February

13 *Lord increase our faith.—Luke 17:5.*

My faith is unbounded. I am just Faith.
I never let even a little doubt in. My life is every crevice filled with Good.

14 *The Lord's mercies are new every morning.—Sam. 3:22.*

Daily I walk hand in hand with my Father. Never any loneliness or need of human friends.
He is new in mercy.
He astonishes me with His goodness.

15 *The Lord will bless his people with peace.—Ps. 29:14.*

I am a child of God.
I am kind to God's other children.
I will remember the sorrowful and oppressed.
I am charitable.

16 *Above all taking the shield of Faith.—Eph. 6:16.*

Faith is all here.
I am joy, for God buckles on my shield.
Faith is strong within me.

February

17 *He that judgeth me is the Lord.—I Cor. 4:4.*

I have a clear understanding.

I am fearless. No one can criticise me or make me afraid.

God is my only judge.

18 *Thou shalt call and I will answer thee.—Job 13:22.*

I hear sweet strains of harmony.

I hear His answer, the voice within me.

I am of good cheer.

19 *For the Father loveth the Son and sheweth him all things that himself doeth, and He will shew him greater works than these, that ye may marvel.—John 3:35.*

I am never lonely.

I am never down-hearted.

I only wonder at God's abundance within me.

20 *For as the Father raiseth up the dead and quickeneth them, even so the Son quickeneth whom he will.—John 5:21.*

With me is God.

With me is power to make life what I will it to be.

I am success. I am quickened. I am a healer.

I do see my results.

February

21 *Know ye not your bodies are members of Christ. —I Cor. 6:15.*

How great my power over my body. Christ in me all powerful.

I am well. I am entirely well all, all over.

22 *Jesus said. Because thou hast seen me, thou hast believed: Blessed are they that have not seen, yet have they believed.—John 20:29.*

I have seen Christ. He is Love and Love is about me.

I see him in every gentle deed.

I feel him in every noble act.

23 *And it shall come to pass in the last days, saith God, I will pour out of my spirit upon all flesh.—Acts 3:17.*

By one Spirit we are baptized into one body.

The heart of the Infinite is my heart for I have nothing separate from the Blessed One.

24 *And I will pour out, in those days of my spirit, and they shall prophesy.—Acts 2:18.*

My intuition is great.

I hear the Holy Ghost.

I am Power to prophesy of God's Loving kindness.

I Praise Him.

February

25 *For as the Father hath life in himself, so hath he given to the Son to have life in himself.—John 5:26.*

I fully realize. I know my life, my breath, my thoughts come from Thee.

I know I am of Thee.

26 *Search the scriptures for in them * * * ye have Eternal Life.—John 5:39.*

I love the Scriptures, for in them I have found my inheritance.

They are the title clear.

I am wise because I search Thy wisdom.

27 *Jesus said: Ye shall know the truth and the truth shall make you free.—John 8:32.*

The Power comes to me through silent communion with the Spirit.

I am truth. I am free. I am power.

28 *I will not fail thee nor forsake thee.—Josh. 1:5.*

I fear not.

Fear is baleful—it freezes the love in my veins.

I cast it from me.

I am safe for He never forsakes.

February 29

Trust in the Lord and do good.—Ps. 37:3.

I do more and more each day to care for my neighbor.

I trust God, and I do Good because God in me performs good.

March

1 *Ye know not what manner of spirit ye are.—Luke 9:55.*

The Lord is perfect Law.
Divine power is the Spirit.
Spirit is all.
I am Spirit.
I am one with All Spirit.

2 *The spirit of man is the candle of the Lord.—Prov. 20:27.*

I am a candle of the Lord.
His light illumines me.
He has lighted my candle.
I am light, I diffuse light and love.
All is well.

3 *There is a spirit in man and the inspiration of the Almighty giveth them understanding.—Job 32:8.*

I am young in spirit.
I am understanding.
I am inspiration.
I can do what I will to do.
I am inspired.

4 *There are diversities of gifts but the same spirit.—I Cor. 12:4.*

I have the answer to-day to my demand.
The spirit manifests itself.
I know my Gift.
I am Power.
The Gift is Power.

March

5 *Have peace one with another.—Col. 3:15.*

My peace I leave with you. My peace I give unto you.—John 14:27.

I am in tune with the Infinite.
I breathe deep and am at Peace.
Harmony is Love and showers blessings on me.

6 *In Christ shall all be made alive.—I Cor. 15:22.*

I am alive, radiant, spontaneous; I am one with glorious spirit.
I am well.
I am well alive in every fibre of my being.
I am alive.

7 *Heal me, O Lord! And I shall be healed. Save me, and I shall be saved.—Jer. 17:14.*

My devotion is a perfect intercourse with God.
I go into the silence and I am saved! Healed! I am utterly, entirely well; strong, courageous.

8 *But without faith it is impossible to please Him; for he that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him.—Heb. 11:16.*

I breathe deep.
God is life, breath, strength.
He is in me.
I am diligence.
I am a finder of health.
I breathe Him in all fullness.

March

9 *In whose hand is the soul of every living thing, and the breath of all mankind.—Job 12:10.*

God is my Love.
God is my Breath.

10 *He is thy life and the length of thy days.—Deut. 30:20.*

Thy wisdom directs me.
Thy power sustains me.
Thy love enfolds me.

11 *It is God that girdeth me with strength and maketh my way perfect.—Ps. 18:32.*

Nothing can daunt me.
I go from strength to greater strength.
Every time I make the effort I find I am stronger than before.
My way is clear.
I am strong. I am perfect.

12 *God was manifest in the flesh, justified in the spirit, seen of angels, preached unto the Gentiles, believed on in the world, received up into Glory.—I Tim. 3:16.*

I am never disturbed.
I am justified in Spirit.
I am God's perfect likeness.

March

13 *Heal the sick * * * Freely ye have received, freely give.—Matt. 10:18.*

What a wonderful, wonderful promise.
I may heal the sick.
I may bring joy to wounded hearts.
I must be about my Father's business.
I must know I am a Healer, by a Divine gift.

14 *And He sent them to preach the Kingdom of God and to heal the sick.—Luke 9:2.*

There is no limit to my Power.
I have the Kingdom of God to work with and through.
Christ gave me the gift of Healing.
I must use it. Now—to-day.
I am Healing Power.
I am Strength.

15 *Now unto Him that is able to do, exceeding abundantly above all that we ask or think, according to the Power that worketh in us.—Eph. 3:20.*

I am conscious that I am a child of God.
My Divine inheritance is made known.
I can have. All I ask in Christ believing.
Oh, Father! Give me my own—only my own gift.

March

16 *And be ye not conformed to this world; but be ye transformed by the renewing of your mind that ye may prove what is good and acceptable and perfect will of God.—Romans 12:2.*

While I sleep or while I wake I am renewing my mind by the power of right thoughts.

I am acceptable.

I am the perfect will of God.

17 *And Jesus immediately knowing in Himself that virtue had gone out of him, turned him about * * * * and said who touched my clothes? Mark 5:30.*

I shall heal my neighbor and the Spirit will assure me of my success.

I will send out healing thoughts at all times.

I am never lonely, for at all times when I can be alone I can heal the sick.

18 *If thou wilt diligently hearken to the voice of the Lord, thy God, * * * * I will put none of these diseases upon thee. For I am the Lord that healeth thee.—Deut. 32:39.*

God's promise is sure.

If I listen to the voice I shall never be ill or depressed.

The voice is always hope; always joy and health.

I am hope! I am joy! I am health!

March

19 *For in Him dwelleth all the fulness of the God head bodily.—Col. 2:9.*

His ways are ways of Hope.
He maketh me full of God's peace.
I am dwelling in harmony.

20 *And ye are complete in Him, which is the head of all—Principality and Power.—Col. 2:10.*

I will have a definite purpose.
I will not waver.
I will settle on one thing and accomplish it.
I will!
Then will I prove my completeness in Him.
I am patience. I am complete.

21 *For it pleased the Father that in Christ all fulness dwell.—Col. 1:19.*

I will obey the Spirit; It leadeth me.
Christ is Spirit. So am I.
I am Spirit! I am Strength!

22 *Jesus said: For it is not ye that speak, but the Spirit of your Father which speaketh in you.—Matt. 10:20.*

I rejoice in the Good.
The Father speaks to me.
I listen! I hear! I am!
Spirit I am Good.

March

23 *There is nothing covered that shall not be revealed; and hid, that shall not be known.—Matt. 10:26.*

I know the mysteries.
I am in harmony with all knowledge.
I can draw from the fountain all knowledge.
I am wisdom.

24 *He that findeth his life shall lose it! And he that loseth his life for my sake shall find it. Matt. 10:39.*

No matter what comes, God is in it.
I proclaim my joy in all experiences.
I am joy to-day.
I have found Life Eternal.
It is mine.

25 *Your life is hid with Christ in God.—Col. 3:3.*

Power is mine.
I have found my life in Christ.
I am content, safe; no harm can come for I am hid with Him.

26 *And let the peace of God rule in your hearts to the which also ye are called in one body.—Col. 3:15.*

I am peace, gentle peace; all about me is quiet harmony. Power comes through repose. Peace comes from knowledge of power.
I am peace, repose, harmony.

March

27 *Knowing that of the Lord ye shall receive the reward of the inheritance, for ye serve the Lord Christ.—Col. 3:24.*

I am earnest endeavor; I am enthusiasm; I am love; I am optimism.

To-day, now, I am receiving my inheritance. I am using it.

28 *Prove all things, Hold fast that which is good. —I Thess. 5:21.*

All is Good.

I am immovable. I am standing on The Rock of Divine Power.

All, all is Good.

29 *But the Lord is faithful, who shall stablish you and keep you from evil.—II Thes. 3:3.*

God is my faith-hold. I can do everything I wish to do.

There is no evil near me.

God is faithful, ever present.

No evil can come nigh his dwelling place in my heart.

30 *And the Lord directs your hearts into the love of God and into the patient waiting for Christ. —II Thes. 3:5.*

Love of God.

Faith in myself, and I am patient, realizing the Christ within.

March 31

He satisfieth the longing soul.—Ps. 107:9.

I have no sense of injury.

I have no misgivings.

I am satisfied, my soul is comforted and content.

April

1 *Looking unto Jesus.—Heb. 13:2.*

I consecrate myself to the highest, purest aims.
I am looking unto Jesus who is divinely pure.
The way is illumined! I am saved.

2 *Be strong and of good courage.—Deut. 31:6.*

I feel the impress of God's Holy Hand on me.
I am courage. I am generous. I am strong.
All is well.

3 *With thee is the fountain of Life.—Ps. 34:9.*

I seek the truth for it will set me free.
I hear the voice of my soul, I am free.
Young, strong, free, free!

4 *I am the Lord, I change not.—Mal. 3:6.*

There can be no change in me.
I am of the Lord.
I am unchangeable for He is omnipresent.

April

5 *Thanks be unto God for this unspeakable gift.—2d Cor. 9:15.*

I feel His nearness.
I am comforted with His Loving Friendship.
His Gift is Eternal Life.
Unspeakable is my joy.

6 *Christ hath redeemed us.—Gal. 3:13.*

Christ is my Helper.
I am a magnet to attract His presence.
He is mine.
Hs is near me *Now.*

7 *God loveth a cheerful giver.—2d Cor. 9:7.*

I am filled with God's abundance.
I am glad to help those in need.
I reach my loving hands cheerfully to relieve their wants.
I am opulence.
I am joy.

8 *Be ye kindly affectioned one to another.—Romans 2:10.*

As God made my way smooth, so, I in turn, will be thoughtful every hour of those about me.
I am gentle.
I am pervading Love.
I am courtesy.

April

9 *Without me ye can do nothing.—John 15:5.*

Faith is centered in my soul.
No doubt can enter.
The door to fear is closed.
God manifest in me.
I am conscious Spirit.

10 *Blessed is the man that knoweth Me.—Prov. 8:34.*

Enter, O Love, into my conscious self!
There is no unrest.
I cannot be ill at ease for I am the blessed child of God.
I have everlasting life.

11 *I have chosen the way of truth.—Ps. 119:30.*

Truth never varies.
I am free.
I am not a slave to fear, or envy, or impatience.
I am Truth.

12 *Let your request be made known unto the Lord. —Phil. 4:6.*

The Kingdom of Heaven is here *Now* in my heart, *Now!* The present tense.
I cannot go wrong.
Each impulse of my heart is God-ward.

April

13 *I go to prepare a place for you.—John 14:2.*

There is no shadow—no evil.
I am in the light.
He prepared a place—I am happy in possession.
I am at Home.

14 *My grace is sufficient for thee.—II Cor. 2:9.*

My opportunities are wondrous.
I am full of Thy Grace.
Prosperity is mine.
I know no fear, no hatred.
I am Thy Grace, it is sufficient.
I am Peace.

15 *Bear ye one anothers burdens.—Gal. 6:2.*

I love my neighbor.
I cease to see his faults.
I will lessen his cares.
I will send him good thoughts.
I feel better when I do so.
I will be cheerful and happy toward him every day.

16 *He that loveth not knoweth not God.—I John 4:9.*

Though I walk with those who love not God; I am secure. I know his presence within me.
I am safe.
No evil can come nigh.
God is my dwelling place.

April

17 *The new man is renewed in knowledge, after the image of Him that created him.—Col. 3:10.*

I am new, I am fresh.
Each day I am rich in wisdom.
I am renewed in His likeness.

18 *Yield yourselves unto God.—Rom. 6:13.*

My success in life depends on my faith in Omnipresence and Omnipotence.

I yield myself in silence unto Him and I am one with Him now.

19 *Let all your things be done with charity.—I Cor. 14:14.*

I will not neglect my own self.

I must awaken to the knowledge that I am the image of God.

I must give care and attention to every detail of my personal life.

I have gifts. I love myself. I care for myself.

20 *Ye shall seek Me and find Me.—Jer. 29:13.*

My life is lost in Universal life.

I have found my father. He answered my call.

I am His, and He is mine.

April

21 *Every good gift cometh from the Father.—James 1:17.*

I am God's child; His gifts are mine. I have only to ask in faith and my cup is filled.

I am asking each hour, I am receiving each moment.

22 *And it shall come to pass that whoever shall call on the name of the Lord, shall be saved.—Acts 3:21.*

I am the Lord's body.
He is perfection.
I am saved by His Power.
I am eternal life.

23 *Thou hast made known to me the ways of life, thou shalt make me full of joy with thy countenance. —Acts 3:28.*

I am true consciousness.
I am full of joy in my knowledge.
I lay hold on Eternal Life.
It is here. I am immortal.

24 *And we are witnesses of these things and so also is the Holy Ghost, whom God hath given to them that obey him.—Acts 5:32.*

I have awakened.
I am rich in the power of the Holy Ghost.
All things are mine.

April

25 *Except the Lord build the house, they labor in vain that build it.—Ps. 127:1.*

God has built His temple in my heart.

I talk with Him. I tell Him all my trials. He replies, "Peace be still! I will abide with thee."

26 *Trust in the Lord and do good; so shalt thou dwell in the land, verily thou shalt be fed.—Ps. 37:3.*

Eternal wisdom is mine.

I trust in the Infinite.

I fear nothing.

God is good.

27 *Paul said: Behold, now is the accepted time. Behold, now is the day of salvation.—II Cor. 6:2.*

Now—today—I make my demand. I ask to be assured of the God within me.

I am Patience.

I am Peace.

I am Love.

28 *If the spirit that raised up Jesus from the dead dwell in you, it shall quicken your mortal bodies by the spirit within you.—Romans 8:11.*

It is an individual work.

I must redeem my body.

Understanding will reveal the allness of one Life, one Substance. I have understanding.

I am Wisdom.

April

29 *Rejoice evermore. Pray without ceasing.—I Thes. 5:16.*

God is my abundance.
I rejoice, I cry aloud in gracious thanks.
God is Good.

30 *The effectual fervent prayer of a righteous man availeth much.—James 5:16.*

I will be fervent.
I affirm each day my own individuality and assert the power within.
I can be what I will to be.

May

1 *Fight the good fight of faith.—I Tim. 6:12.*

I am doing valiant battle for Christ.
My faith is real substance.
I am strong because I take deep breaths of Faith. Faith!

2 *He will abundantly pardon.—Isaiah 50.7.*

I am not waiting.
He heard me before I called.
I am sure of His Love.
I am God's pardoned Child.

3 *He shall direct thy paths.—Prov. 3:6.*

I leave it all with Him.
I see every hour evidence of His thoughtful care.
He makes my way clear.
I am joy.

4 *If ye abide in Me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.—John 15:7.*

I possess all in God.
I abide in Him.
All my desires He grants.
No good thing does He withhold.

May

5 *If you ask anything in my name, I will do it. —John 14:14.*

All is mine.
I am Faith.
I know my abundance.
Oh! most precious promise, I ask a meek and lowly spirit.

6 *And I will pray the Father and He shall give you another comforter, that he may abide with you forever.—John 14:16.*

Even the Holy Ghost is my comforter.
I am safely held in everlasting arms.

7 *Jesus saith: I am the way and the truth and the life; no man cometh unto the father but by me. —John 14:6.*

Christ in me the hope of Glory.
I am hid with Christ and He taketh me to the Father.

8 *He that hath seen me hath seen the Father.—John 14:9.*

I grow in grace and the beauty of Holiness.
I see the Father in all His children, for they are his image.
I am serene for I shall yet see His face.

May

9 *I am the vine, ye are the branches. He that abideth in me, and I in him, the same bringeth forth much fruit, for without me ye can do nothing.—John 15:5.*

I am one with Infinite Love.
I am a branch, I abide in the vine.
Without Him I am nothing.

10 *And I heard a great voice out of Heaven saying: Behold the tabernacle of God is with men, and he will dwell with them.—Rev. 21:3.*

God's altar is in my heart.
How wonderful!
I am a medium for His love and glory to shine through.

11 *For where two or three are gathered together in my name there am I in the midst of them.—Matt. 18:20.*

God is here.
We have only to call, and Christ comes, bearing love and promise in his loving ways.

12 *Know ye not that your body is the temple of the Holy Ghost, which is in you?—I Cor. 6:11.*

I will not drive my work nor be driven.
I am the silent temple of the Holy Ghost.
All is Peace.
The Spirit will guide my work.
I am not worried.
I let be. I let be.

May

13 *For thou hast made him a little lower than the angels, and hast crowned him with glory and honor. —Ps. 8:5.*

One mind! One spirit is all!

My life is crowned with the glory of oneness vith Infinite Love.

14 *And because ye are sons, God hath sent forth His Spirit into your hearts.—Gal. 4:6.*

God fills my body *Now* with divine essence.

I am health. I am spirit.

I am well. I am pure.

15 *My Peace I give unto you.—John 14:27.*

Every good in my life is from the Father.

There is no inharmony.

I am no shadow of turning.

I am Peace.

16 *Under His wings shalt thou trust.—Ps. 36:7.*

How broad and warm His Wing.

It shelters me.

There is no suffering, for His Wing healeth all my pain.

I am strength.

May

17 *God knoweth your hearts.—Acts 1:12.*

I will keep my heart pure. No sin can enter for God pervades my being.

No room for sin or for sickness.

God is whole. I am whole.

18 *Abstain from appearance of evil.—I Thes. 5:22.*

I let my light shine.

I am joy.

I have no evil near me.

I live only in God's nearness.

19 *Jesus said ye shall be sorrowful, but your sorrow shall be turned into joy.—John 15:20.*

Divine Power has turned my sorrow into rejoicing.

I am joy.

God is near.

He is strong to save to the uttermost.

20 *Hitherto have ye asked nothing in my name; ask and ye shall receive, that your joy may be full. —John 15:24.*

I have made my demand.

I have asked in his name.

I am sure of my answer.

I possess my soul in patience.

I await the Glory of the Lord.

May

21 *And the Lord will take away from thee all sickness.—Deut. 7:9-15.*

What a wonderful promise!

How can I fail to ask Him?

He will keep me from illness if I demand in faith, believing.

I do believe.

22 *Even the spirit of truth, * * * * but ye know Him: for He dwelleth with you and shall be in you.—John 14:17.*

The light is in me.

I am illumined.

I dwell in the uppermost chamber.

I am His.

23 *At that day ye shall know I am in my Father, ye in Me, and I in you.—John 14:20.*

I rest in my Father.

He is Spirit.

He is all.

I am Power. I am Spirit.

24 *But the Comforter which is the Holy Ghost.—John 15:26.*

I sit alone in the silence and the voice of the Comforter speaks.

I hear, and my heart gives a glad thrill.

His loving voice.

How wonderful!

May

25 *Faithful is He that calleth you.—I Thess. 5:24.*

God is ever near.
He is loyal.
I am faithful! I am loyal!
No thing will He withhold while I am faith.

26 *Every word of God is pure.—Prov. 30:5.*

I live every hour in God's thought.
God's word.
I am pure in thought.
I am wise.
I am gentle.

27 *A soft answer turneth away wrath.—Prov. 15: 1.*

I cannot be angry when I am tempted.

I breathe deep—deeper still, and the Spirit then comes, and thro' me giveth a soft answer.

28 *Cast thy burden upon the Lord.—Ps. 50:22.*

I find every burden disappears when I talk with God.

He knows it all. I never recount to Him. I just rejoice in His presence.

I am free! I am light hearted! I am happy!

May

29 *Render * * * to God the things that are Gods.—Mark 11:7.*

God keeps me well.
His great batteries are charged anew each day.
I am well. I am happy.
I repeat it a thousand times.
God is well. So am I.

30 *No man can serve two masters.—Matt. 4:24.*

I am sure I love God.
He is mine I am His.
I am Proud to own His name.
He is my only Master.

31 *With God all things are possible.—Matt. 19:26.*

I am Divine Consciousness.
I can achieve all things.
The spirit is strong within me.
I am joyful.
All things are mine.

June

1 *Forgiving one another— * * even as Christ forgave you.—Col. 3:13.*

I forgive all my enemies.
I am at peace.
I love, therefore all is harmony.

2 *And above all things put on Charity which is the bond of perfectness.—Col. 3:14.*

I am charity, I am full of gracious love.
I am blind to the faults of others.
I am tender, I am thoughtful.

3 *Let the peace of God rule in your hearts * * and be ye thankful.—Col. 3:15.*

The Kingdom of Peace is within me.
So large is this Kingdom.
I give, I give; I scatter love, and yet the Kingdom is ever full of Peace so abundant.
All mine.

4 *I know thy works. Behold, I have set before thee an open door, and no man can shut it, for thou hast a little strength, and hast kept thy word.—Isaiah 22:22.*

I will enter my chamber.
My chamber of silence.
For God comes to me through His open door —my consciousness.
No man can keep me from hearing His voice.

June

5 *Behold I come quickly; hold that fast which thou hast, that no man take thy crown.—Rev. 3:11.*

I believe absolutely in my God given power to keep my crown.

I am crowned with Omnipresence.

6 *Him that overcometh will I make a pillar in the Temple of my God.—Rev. 3:12.*

I will help the poor about me.

I will teach them to overcome obstacles.

I will scatter love and hope all around.

7 *For the Kingdom of God is not in word but in power.—I Cor. 4:20.*

No matter how small my sphere.

God's Word is my power within to dare and to do—that my good may reach abroad.

8 *But we all with open face beholding as in a glass.—II Cor. 3:18.*

I see no gloom, all is Good because all is God.

I demand Hope.

I demand Health.

I am well! Opulent! I am happy!

June

9 *Let all bitterness, and wrath and anger and evil speaking be put away from you, with all malice, and be ye kind to one another.—Eph. 4:31.*

A new consciousness has come to me.

I am Love.

I forgive everybody. I am never angry I am kind to all.

I joy in loving. I joy in God's Grace.

10 *Behold I stand at the door.—Rev. 3:20.*

I listen! His step I hear! The door is open. He speaks. How great my joy.

He is here. Oh! My Lord! My King!

Praise Thy name.

11 *So we * * * * are one body in Christ; every one members, one of another.—Romans 12:4.*

God needs me right here where He placed me.

I am a member of a great household.

I am a divine factor.

God needs me.

12 *Having then gifts differing according to the grace that is given us.—Romans 12:6.*

I will listen in the silence.

I will demand my gift.

I will earnestly dispense it.

I am abundant Love.

I am riches. I am that I Am.

June

13 *For whatsoever is born of God overcometh the world, even our faith.—I John 5:4.*

I am an Optimist.
I have a great storehouse.
I can sit in the silence and draw all things to myself.
I can overcome the world.
I am born of God.

14 *And this is the confidence that we have in Him, that if we ask anything according to His will, He heareth us.—I John 5:14.*

I make my demand.
I am sure God has all that I need.
Why? He has everything.
I am not surprised when God answers my call.
I knew he would.

15 *He that overcometh and keepeth my works unto the end, to him will I give power over nations.—Rev. 2:26.*

I have overcome self.
I am hid with Christ in God.
I am power.
I am giving joy to all about me.
I am sending messages to all the world.

16 *Ever follow that which is good.—I Thes. 5:15.*

I realize the Eternal and changeless Spirit within me.

June

17 *Do all to the Glory of God. Be not weary in well doing.—II Thes. 3:15.*

I will open my mouth and speak as the Spirit dictates.

I will never weary.

I am Rest.

I am Faith. Spirit does all.

18 *He healeth the broken in heart.—Ps. 148:3.*

I affirm Truth.

I deny error.

I will let Truth heal me.

I cannot have a broken heart for God works through me to Heal.

I am healed. I am happy.

19 *Jesus said unto him,—Follow Me; and let the dead bury their dead.—Matt. 8:22.*

I will keep out of the Past.

I will not regret.

I will live to-day, Now, in the Present.

A realizing Divine Consciousness within.

20 *All things whatsoever ye ask in prayer, believing, ye shall receive.—Matt. 21:22.*

I am established in consciousness of Perfect mind. All in all.

Recognition brings realization.

I am opulence.

I am receiving hourly.

June

21 *Verily, verily, I say unto you: He that heareth My word, and believeth on Him that sent me, hath everlasting life.—John 5:24.*

Omnipresent Spirit fills me.
Spirit is Health!
Spirit is Wisdom!
Spirit is Eternal Life!

22 *I will give you rest.—Matt. 11:28.*

God is Absolute Rest.
I am rest. I am quiet.
I still every fibre of my being and centre my thought on His Rest. I am Rest.

23 *Choose you this day whom you will serve.—Josh. 24:15.*

My life is Gods.
I will live by His Spirit.
I am steadfast; immovable.
He is my Lord and my God.

24 *Acquaint now thyself with Him.—Job 22:21.*

I recognize the Divine consciousness within me.
I live daily in the riches of my acquaintance with him.

June

25 *And Jesus said: If any man thirst let him come to me and drink.—John 7:37.*

From Jesus I draw all that I need.
I rejoice and am glad.
I am filled with the Waters of Life.
I am blest.

26 *Then spake Jesus—saying:—I am the light of the world; He that followeth me shall not walk in darkness but shall have the light of life.—John 8:12.*

God is Light! Jesus is Light!
God is my Father. Jesus my brother.
Therefore my Divine inheritance is *Light.*
I am glorified.

27 *Jesus said: For I am not alone, but I and the Father that sent me. John 8:1.*

God within me sheds the radiance of His Wisdom about me.
I am never alone.
God is mine.

28 *For what is our hope or joy or crown of rejoicing? Are not even ye in the presence of our Lord Jesus Christ at His coming.—Thes. 2:19.*

I am opulent.
I rejoice in the presence of Christ.
He is my crown.
Riches all about me.

June

29 *For now we live if we stand fast in the Lord.—I Thess. 3:8.*

Now! Now! Not to-morrow nor yesterday! not next year!

Now!

I stand fast in His Love.

No fear, no doubt; I am fast in the Lord.

Now! Now! Now!

30 *For what thanks can we render to God again for you? For all the joy wherewith we joy for your sakes before our God?—I Thess. 3:9.*

God is Love. I praise Him.

I love Him. He is in me and I in Him.

To dare, and to do.

July

1 *Jesus said unto him, If thou canst believe, all things are possible to him that believeth.—Mark 9:23.*

I am the trusting child of the Only Good—The Father who dwells in me.

I am Faith. I am belief. I am trust.

2 *Therefore I say unto you, what things soever ye desire when ye pray, believe ye shall receive them, and ye shall have them.—Mark 11:24.*

I am mighty to fulfill the Word of God as He reveals it through His Spirit.

I know that what I ask is mine before I plead.

Oh joy! Abundance. *Life! Love!*

3 *For verily, I say unto you that whosoever shall say unto this mountain: Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe * * * he shall have whatsoever he saith.—Mark 11:23.*

I will remove the mountain of doubt.

I *will* be Faith.

Faith—To-day—Faith!

4 *And heal the sick that are therein and say unto them, The Kingdom of God is come nigh unto you. —Matt. 10:8.*

I am awake to right thinking.

I can heal the sick.

God is my health, my kingdom is assured.

God heals through me.

July

5 *And Jesus said, A prophet is not without honor but in his own country and among his own kin and in his own house.—Mark 6:4.*

I carry gentleness all day in my own house.
I am cheerful; patient every moment.
I shed love all about me.
That my own may honor me.

6 * * * *He was strong in faith, giving Glory to God.—Romans 4:20.*

I believe. I am strong in faith.
I am power because I believe.
God is my glory. I am faith.

7 *In every thing give thanks.—*

I have strength unlimited. I have endurance. I am well, strong, vital.
I am thankful in all things.
I am well, happy, peaceful.
I am content.

8 *Love never faileth.—I Cor. 13:8.*

Whatever comes to me is Good.
I rejoice in the abundance of Good within me.
I love all mankind. I love because love never faileth to bring content.
I am love! I am joy! I am peace!

July

9 *As much as lieth within you, live peaceably with all men.—Romans 12:18.*

I will be long suffering. I will be patient.
I will look at both sides of a matter.
I will not see my own as through "a glass darkly."
I will be peaceful.
I am peace! I am harmony!

10 *As thy day so shall thy strength be.—Deut. 33:25.*

The Truth is within me. I now express it.
I will live "*The Life*" that my light may shine.

11 *Thy will be done.—Matt. 6:10.*

I am a child of the Omnipotent Father.
He doeth all things well.
His will works through me.
I am Divine Spirit.
I am doing Divine Will each hour.

12 *Let us do good unto all men.—Gal. 6:10.*

God's good is boundless.
My supply is Infinite.
I will freely give all that I have so freely received.
My cup runneth over. I am generosity.

July

13 *While they are yet speaking I will hear.—Isaiah 55:24.*

I made my demand and instantly heard the voice of The Comforter.

I am power—because I can call so quickly and get new power—Fresh Love.

14 *His tender mercies are over all His works.—Ps. 145:9.*

I am secure in Love.
I cannot fear.
He is tender. He is just.
I am tender. I am just. I am Spirit.

15 *I will walk in Thy truth.—Ps. 84:11.*

I am new born.
I am awake to consciousness.
I am Truth. I am light.

16 *Fear not Little Flock, for it is your Father's good pleasure to give you the Kingdom.—Luke 12:32.*

I am in "Green Pastures."
I am in "Still Waters."
I am with the "Good Shepherd."

July

17 *Return unto thine own house, and show how great things God hath done unto thee.—Luke 8:39.*

The real man is Spirit.
I will assert my reality.
I will know.
I will affirm to all mankind.
God is the Good within. Good is God.

18 *And these signs shall follow them that believe, * * * * They shall lay their hands on the sick, and they shall recover.—Mark 16:17-18.*

I am a healer. I am! I am!
This comes from Christ.
He healed, and He said all that I do ye can do.
To-day, now, I send healing thoughts to all the world.

19 *The blessing of the Lord it maketh rich.—Prov. 10:22.*

I am free from pecuniary fear. I am rich.
I am sure my own will come to me.
I stay my haste, for the Lord maketh me rich.

20 *That ye stand fast in one spirit, with one mind.—Phil. 1:27.*

My heart is stayed on the Infinite.
I see Good everywhere.
I am upheld and comforted.
Nothing can make me fear.
God is my rock.

July

21 *Continue ye in my love.—John 15:9.*

In Thee and from Thee I have all—Love, Joy, Recompense.

I am safe in Love.

22 *Blessed are they that wait for Him.—Isaiah 30:18.*

I sit in the Silence and He cometh to me.

His perfect peace envelopes me.

I am serene. I am blest.

23 *God hath anointed thee with the oil of gladness above thy fellows.—Heb. 1:9.*

I welcome each trial.

I know the Divine Law of compensation.

I am mindful of each little daily duty.

Life is bright! Life is sweet!

I am enriched.

24 *He that humbleth himself shall be exalted!—Luke 18:14.*

I am meek. I am lowly.

I am pure in spirit.

I am a child of God, but I humble myself before His Great Adorable Glory.

July

25 *I will trust and be not afraid.—Isaiah 12:2.*

God is my Supreme Rest.
I am abundant
—in Love.
—in Faith.
—in Courage.

26 *He that is joined to the Lord is of one spirit.—Cor. 6:17.*

Jesus said: where two or three are gathered in my name, there will I be also.

I am bringing others into the fold.

I am teaching my loved ones—the Divinity within.

27 *They that seek the Lord shall not want any good thing.—Ps. 34:10.*

Happiness comes from within.
God is There.
I only whisper and I hear His voice.
All is mine.

28 *And the prayer of faith shall heal the sick, and the Lord shall raise him up.—Jas. 5:14-15.*

I pray. I think.
I send love thoughts unceasingly,
I know Faith is the substance of Health.
Therefore I am Faith; I am Health.

July

29 *All thy children shall be taught of the Lord, and great shall be the peace of thy children.—Isaiah 64:13.*

I am Right thinking.
I am Right living.
I am Right breathing.
I am Peace.

30 *For the promise is unto you and to your children.—Acts 2:39.*

I look for good in all men.
I find it.
I attract noble souls.
All are One in Him.
And so attracted according to His promise.

31 *Quench not the Spirit.—Thess. 5:19.*

The Spirit calls, I must obey.
The Spirit leads me.
I will sit in the silence and hear the voice within. The Spirit will speak if I listen.
I am Spirit.
I love to live the Life abundant. Spirit life.

August

1 *Blessed is the man whose strength is in Thee.—Ps. 85:5.*

I am faithful.
Truth is mine.
I see clearly. God is my strength.

2 *Blessed are those servants whom the Lord, when he cometh, shall find watching.—Luke 12:37.*

Knock at the door of my soul. O Lord! I await Thy voice. I beg Thee to enter.
I am wakeful to Thy care.
I love my Lord.

3 *Having made known to us the mystery of his will * * * that * * * He might gather together in one all things in Christ.—Eph. 1:9.*

I am hid with Christ in God.
Such a strong sense of being possessed, guided, cared for.
I yield. There is no mystery any more.
God is love.

4 *Seek those things which are above.—Col. 3:1.*

I feel and know only the promptings of the Spirit.
All my heart is a dwelling place of the Holy Ghost.

August

5 *Keep thy soul diligently.—Deut. 4:9.*

I am living each hour contentedly.
I fear no evil.
I am a Student of Christ.
His way is clear.
He leads me. I am diligence.

6 *Seek His Face evermore.—Ps. 105:4.*

In my Father's House I find my joy.
His face illumines my path.
How happy I am.
How full of the abundance.
I can have every thing *I ask for.*

7 *My meditations of Him shall be sweet.—Ps. 104:34.*

I have no worry.—I put it away.
I am over the hard places.
A gentle Peace is mine.
I will take His Sweetness and His Holy Spirit.

8 *He that cometh from above is above all.—John 3:34.*

I am the son of The Father.
I am the heir to all good things.
I see and feel my title clear.
New life is flowing through my veins.

August

9 *Judge not that ye be not judged.—Matt. 7:1.*

I stand in my center.
All is good. I attract only good.
I judge no man.
I love my neighbor.

10 *I have loved thee, with an everlasting love.—Jer. 31:3.*

I feel His love.
Like a warm thrill it fills me. It satisfies.
I am happy.

11 *Be ye holy, for I am holy. I. Peter 1:16.*

I desire wholeness.
I need Thee.
I am found with Thee.
All that I have is from Thee.

12 *He is not far from every one of us.—Acts 17: 27-28.*

Let me be near.
From Thy bosom help me to say Here I am.
I feel Thy warmth.
I am Thine.

August

13 *Faith is the substance of things hoped for, the evidence of things not seen.—Heb. 11:1.*

Faith is my illuminator.
I am in the light.
I lay hold on the substance.
All things are mine. I struggle no more.
I simply believe. All is Good.

14 *But without faith it is impossible to please Him; for he that cometh to God must believe that He is and that He is a rewarder of them that diligently seek Him.—Heb. 11:6.*

I am filled with love.
Thus is the Law fulfilled in me.
I abide in love.

15 *For one is your Father.—Matt. 23:9.*

I have no fear.
Never again will fear possess me.
I have had a glimpse of the Glory of Infinite Wisdom.

16 *Therefore all things whatsoever ye would that men should do to you, do ye even so to them, for this is the law and the prophets.—Matt. 7:12.*

I will love all the world.
I will let my light shine.
I will be unselfish, thoughtful.
I am love. I am generosity.
I do unto others as I would be done by.

August

17 *Because straight is the gate and narrow is the way that leadeth unto life.———7:14.*

I put on the whole armor of Good.
I am invincible. I have God's armor.
I have found the gate, my way is clear.
God my Guide, is within me.

18 *Now, being made free from sin, ye have your fruits unto holiness.—Romans 6:15-22.*

I am free from sense error.
In Thee am I filled with Holy Spirit.
I feel Thee. I see Thee.

19 *And I, if I be lifted up shall draw all men unto me.—John 12:32.*

God's Gift to me.
How wondrous.
I am lifted.
I am above all care or sorrow.
I know only Love and Praise.

20 *There shall be one fold, one shepherd.—John 10:16.*

I am an unfolding soul.
One shepherd is mine.
I am safe in the fold.
I am at-one-ment with Him.

August

21 *And above all these things, put on love, which is the bond of perfectness.—Col. 3:14.*

I love! I am perfect in love.

I simply cover as with a white blanket all the faults of other people.

I see nothing but Good, all Good.

22 *And now I come to Thee; and these things which I speak in the world, that they might have joy fulfilled in themselves.—John 17:13.*

Christ in me.

Now—My Hope of Glory.

I am harmony.

23 *But His Word was in mine heart.—Jer. 20:9.*

Thou art The Word.

The word is God.

All is Good.

24 *Jesus said—And ye now, therefore, have sorrow, but I will see you again, and your hearts shall rejoice and your joy no man taketh from you.—John 15:22.*

God manifest in me is all there is.

God is right here this moment.

Christ is here, my joy.

25 *Hide me under the shadow of Thy wings.—Ps. 17:8.*

I am safely nurtured under the wing of Divine Consciousness.

I am borne aloft.
I am light as a bird.
Care has flown.
I am free! I am safe!

26 *Walk in wisdom, redeeming the time.—Col. 4:5.*

Each day I love what I have to do.
I am perseverance. I am patience.
I waste not one moment.
If delays come, I simply relax and concentrate on patience.

27 *Let Thine eyes behold the things that are equal. Ps. 17:2.*

I will be kind to the humble folk about me.

I will do one good action each day, forgetting self that I may be Christ-like.

28 *Love is the fulfilling of the Law.—I Cor. 13:8.*

There is only one Power.
It is Love.
Love is the Law.
I am Love! I am Law! I am Power!
Love is fulfilled in me.

August

29 *He that seeketh His glory that sent Him, the same is true and no unrighteousness is in Him.—John 7:18.*

I will learn nature's greatest law of Life.
To be Happy!
I am trust. All things come to me.
I am righteous.
I am faith.

30 *Then Jesus cried in the Temple saying, ye both know Me and ye know whence I am; I am not come of Myself, but He that sent Me is true whom ye know not.—John 7:28.*

I know my life is hid with Christ in God.
I am truth. I am life.
I am a joint heir with Christ.

31 *Blessed are ye that sow beside all waters.—Isaiah 32:20.*

I will cast my good influence where ever I go.
I will let the seed fall into good places.
I am God's abundance.
He enriches the harvest.

September

1 *There is no power but of God; the powers that be are ordained of God.—Romans 13:1.*

I am Infinite Joy.
I am Omnipresent substance.
I am lost in God's will—God's truth.
I awake to joy in Him.

2 *Of His own will begat He us with the word of truth.—Jas. 1:18.*

His will is my birth-right.
His own will.
Therefore I am all Power; for God is in me to will and to do according to His good pleasure.

3 *God is love, and he that dwelleth in love, dwelleth in God, and God in him—I John 4:16.*

I take deep breaths of God, for God is Love.
Love dwelleth in me.
God within.
I am encompassed with Love.

4 *Be strong and quit yourselves like men.—I Sam. 4:9.*

I am the manifestation of Infinite Good, and I am strong, brave, fearless!
Good fills me with a conscious Power to do and to be whatsoever I desire to do.

September

5 *There shall be showers of blessings.—Ezek. 34:26.*

I count the drops in my shower of blessings.
Health! Joy! Affluence! Contentment! Friends! Love! Work!—My blessings are as great in number as the sands of the sea.

6 *Every man's work shall be made manifest.—I Cor. 3:13.*

I fear no failure, for Divine Spirit has done my work.
I am conscious all is Good.

7 *Renew a right spirit within me.—Ps. 51:10.*

I live in God.
There is no spirit but a right one.
I am conscious of the renewal of my spirit.

8 *Fear not * * * He will come and save you.—Isaiah 35:5.*

There is no darkness.
All is illumined by Divine Light.
I see the folly of fear.
I am safe for He has come.
I am safe!

September

9 *The testimony of the Lord is sure.—Rev. 21:7.*

I am the image of God.
He loveth me.
I am sure He testifies for me.
In love I rest in Him.

10 *Call upon Me in the day of trouble.—Ps. 50:15.*

To pray as Jesus directed:

I must know that the answer is on the shelf above me.

I must reach my hand up in faith knowing it is there.

I am *comforted* when I am strong in faith.

11 *Therefore we ought to give the more earnest heed to the things which we have heard, lest at any time we should let them slip.—Heb. 2:1.*

Omnipresence always mine.
Omnipotence all about me.
Omniscience abundant.
I give earnest heed, I cannot forget.
My wondrous possessions.

12 *That ye having all sufficiency in all things abound to every good work, enriched in everything to all bountifulness.—2 Cor. 9:8-11.*

I look about me, and I try to count my blessings.

They are infinite.

I am God's bounty.

September

13 *In Thy light shall we see light.—Ps. 34:9.*

There is no power to entice me to ways of darkness.

I am in Thy Light.

All is resplendent glory, hope, satisfaction.

I am light! I am illumined!

14 *But one thing is needful, and Mary hath chosen the good part which shall not be taken from her.—Luke 10:42.*

The patience and firmness of the one perfect mind.

I have perseverance.

I am at one with infinite mind.

I am firm. I love to persevere.

I am concentration.

15 *He that soweth bountifully shall also reap bountifully.—2 Cor. 9:6.*

God has garnered my harvest.

I am abundance.

I am opulence.

I am bountiful.

16 *Hope is in the Lord.—Ps. 31:24.*

I am hope.

I am sure success.

I am prosperity.

I am joy.

September

17 *Blessed is he that watcheth.—Rev. 16:15.*

My soul watcheth for Thy coming, O Father!
I listen in silence for Thy Voice.
I hear! I am thrilled with joy! Thou art near!

18 *The peace of God shall keep your hearts.—Phil. 4:7.*

The Peace within. I feel its power.
I am gentle. I am abundant Peace.
All around is light.
I welcome Thee.
My heart is rich in Peace.

19 *Withal praying also for us that God would open unto us a door of utterance to speak the mystery of Christ.—Col. 4:3.*

I will sit in the utter stillness until the Voice speaks.

I know the mystery of Christ.
It is hid with God in me.
It is eternal life.

20 *Emanuel, being interpreted, is God with us.—Matt. 1:23; Isaiah 7:14.*

I will live the life Christ gave in His name. "God with us."

I will do each day, loving, tender things to those about me. For God is with us.

September

21 *But I say unto you that ye resist not evil.—Matt. 5:39.*

I let go now, *to-day*, once for all, every seeming burden. There is no evil.

There are no burdens except of my own dreaming. God is here to take them.

I will let evil go.

22 *But thou, when thou prayest, enter into thy closet, and when thou hast shut the door, pray to the Father.—Matt. 6:6.*

I will enter the sanctuary of my life.

The temple in my heart.

Throw open the windows and ask the God within for all I desire.

He answereth before I call.

23 *The light of the body is the eye; if thine eye be single thy whole body shall be full of light.—Matt. —6:22.*

I will have pure ideals.

I will center my one thought on Christ.

That His Light shall shine on every thing I do.

24 *Seek ye first the Kingdom of God, and His righteousness and all things shall be added unto you. ———6:33*

I will be guided to the Kingdom of God.

His work is complete in me.

I am harmony and love.

September

25 *By one Spirit are we all baptized into one body* * * * *and have been made to drink into one Spirit.—I Cor. 12:13.*

One spirit am I with God and those who love Him.

In unity there is strength.

I am Harmony.

I am one with spirit to-day.

26 *There is one body and one spirit.—Eph. 4:4.*

I look within, I find the temple of the Holy Spirit there.

I feel the Divine Afflatus.

I am one with God.

27 *I am come that they might have life, and that they might have it more abundantly.—John 10:10.*

I have no fear, no limitations.

I am the same, yesterday, to-day, forever.

I am one with the Perfect Law.

Which is Freedom.

28 *Whoso findeth me findeth life.—Prov. 8:35.*

Lo! He is with me always.

I have found life everlasting abundant.

I am living in Eternity. Now.

September

29

A sound heart is the life of flesh.—Prov. 14:30.

I am the Alpha and the Omega of my own life.
In my heart is abundant faith.
I am well! I am strong! I am happy!
I radiate Love and Health.

30

Therefore, choose life, that both thou and thy seed may live.—Deut. 30:19.

I am a blessing unto my family because I live The Life.
I am utterly fearless.
I never worry.
I never doubt.

October

1 *My words * * * are life to those that find them, and health to all their flesh.—Prov. 4:20-22.*

With thoughts of life.
With words of life.
With bounding health in all my veins.
I am filled.
I will make to-day a blessing to all whom I meet.

2 *Wisdom giveth life to them that have it.—Ecc. 7:12.*

I am studying my inner life.
I am cultivating the wisdom of the Spirit.
My experiences are rare and helpful.
I learn new ways to use the Spirit.

3 *As the Father hath life in Himself, so hath He given to the Son to have life in Himself.—John 5:26.*

I am younger each day.
I will not think age thoughts.
I will take a larger hold on the abundant life the Father hath given me.

4 *The words that I speak unto you they are spirit and they are life.—John 6:63.*

Thy word is life.
I am the Word.
I am life.
I am Spirit.
All is good.

October

5 *I say unto you love your enemies.—Matt. 5:44.*

I love the whole world.
I am Love.
I radiate Love and Harmony.
I am Love.

6 *Be ye therefore perfect even as your Father which is in Heaven is perfect.—Matt. 5:43.*

The Spirit of Infinite Love within me makes me hesitate to do wrong.

I am listening each day to the voice of the Spirit, and I grow in Grace.

7 *When the time of refreshing shall come from the presence of the Lord.—Acts 3:19.*

I feel refreshed to-day.
The Spirit descended upon me.
I am joy!
I am spontaneity.
I am enthusiasm.

8 *The earth is full of the goodness of the Lord.—Ps. 33:5.*

Heaven is within me.
I shall prove it.
I will live to-day as if I were already perfect.
I will "Practice the presence of God."

October

9 *Be strong in the Lord and in the power of His might.—Eph. 16:10.*

I am born again.
I am enriched with the Power of His Might.
I am made over, I am new.
I feel the old shackles fall off. I am strong.

10 *For there is no power but of God. The powers that be are ordained of God.—Romans 13:1.*

I am a changeless being.
I am Power.
I am pure in substance.
I am full of Power to be.

11 *For with Thee is the fountain of life; in Thy light shall we see light.—Ps. 36:9.*

I am positive of my power of healing.
Truth heals through the power of my silent demand.
I am a healer.

12 *Therefore my heart is glad * * * my flesh also shall rest in hope.—Ps. 16:9.*

I am harmonious.
I am glad.
I am rest.
I am hope.

October

13 *The words that I speak unto you they are spirit and they are life.—John 6:63.*

I have the Word.
It is Life.
I am satisfied.
Life is mine.

14 *Now the Lord is that Spirit and where that Spirit of the Lord is, there is liberty.—II Cor. 3:17.*

All things are from the Spirit.
Spirit is Omnipresent.
I can never fear for Spirit.
Infinite Spirit is mine.

15 *He hath given us of His spirit.—I John 4:13.*

No evil can befall me.
I am one with the Infinite.
One Precious Power is about me.
I live and move and have my being in Spirit.

16 *Love suffereth long and is kind.—I Cor. 13:4.*

I will be charitable.
I will not envy one creature in the world.
I will not let one thing worry me.
I will be full of charity.

October

17 *The fruit of the spirit is love.—Gal. 5:22.*

All things are united by love.
I am fruit.—He is the vine.
I am abundance.
I give all and gain more.
My blessings are running over. I am happy.

18 *Let us put on the armor of light.—Romans 13:12.*

I am strong—for the armor of God is about me.
No fear! No doubt!
I am warlike. I am conquerer.

19 *Nevertheless, we according to his promise, look for new heavens, and a new earth, wherein dwelleth righteousness.—Isaiah 65:17.*

The spoken word shall bring all things to pass.
Heaven is in my heart.
For God is there.

20 *But grow in grace and in the knowledge of our Lord and Saviour, Jesus Christ.—II Peter 3:18.*

Through desire and demand, the I am is incarnated in me.
I am that I am.

October

21 *And this is the promise that He hath promised us even Eternal Life.—Heb. 9:15.*

My own shall come to me.
I am Eternal Life.
O! the grandeur of the thought.
I sit still and say it over—*Eternal* Life!

22 *For the Father Himself loveth you because you have loved me, and have believed that I came out from God.—John 15:27.*

How great my recompense.
I love Him because He first loved me.
I am happy as a little child.
I know the Lord is mine.

23 *Jesus said:—And yet I am not alone because the Father is with me.—John 8:16.*

Never lonely can I be for Jesus is in me, and He is in God.
How my blessings increase!
How Great is Good!

24 *Jesus said:—Be of good cheer, I have overcome the world.—John 16:33.*

Evil has passed out of my life.
I live in God's temple.
I have overcome, I am victor.

October

25 *For Lo! I come, and I dwell in the midst of thee, saith the Lord.—Zech. 2:10.*

I am now in the Presence of God.
He is my abiding place.
I feel His Love.
I hear His Voice.

26 *And Jesus answered:—My Kingdom is not of this world.—John 18:36.*

All is God! All is Good!
His Kingdom is in my heart.
I have found Christ.
I am joy.

27 *Jesus answered * * * and for this reason came I into this world, that I should bear witness unto the truth.—John 18:37.*

I am absorbed in the love Jesus Christ brought me.
How great my inheritance!
My love unspeakable.

28 *My times are in Thy hands.—Ps. 30:15.*

All that comes is of God.
I am safe. He is the Captain of my salvation.
I fear no evil. He leads me.
I walk by His Spirit.

October

29 *Be ye content with such things as ye have.—Heb. 13:6.*

I am content for God is my affluence.
He leads me in green pastures.
I sit in silence beside His still waters.

30 *Lay hold on eternal life.—I Tim. 6:12.*

I emphasize to myself each day. I have Life!
Life more abundant!
Life Eternal!
Here! Now!

31 *Call unto Me and I will answer thee.—Jer. 32:3.*

Oh, the sweetness of this promise!
I speak His name—and He is here.
I am made to see His Light.
To Hear His Voice.
I hear my answer.

November

1 *My little children, let us not love in word, neither in tongue, but in deed and in truth.—I John 3:18.*

Because I am a little child of God He is in me.
I love my neighbor.
I try to be kindly affectionate to all people.

2 *That was the true light that lighteth every man.—John 1:9.*

I will master myself.
I will find the Light within.
I will not give up.
It is there—in me.
The Holy Ghost will light the way.

3 *If I take the wings of the morning and dwell in the uttermost parts of the sea, even there shall thy hand lead me, and thy right hand shall hold me.—Ps. 139:10.*

God is Good and Good is everywhere.
Everywhere!

4 *Keep thy tongue from evil.—Ps. 34:13.*

I have no time for evil.
Infinite love fills my heart.
I have put away unhappy words.
I am One with The Infinite.

November

5 *He giveth grace unto the lowly.—Prov. 3:34.*

Jesus said to as many as could receive it. Ye are the sons of God. My Father is your Father, My Power is your Power.

How full of Grace and strength His words.

His loving kindness. I am His Power.

6 *He is Lord of all.—Acts 10:36.*

I am the expression of Divinity.

I am created after His Image

I am One with my Lord.

7 *Trust in the Lord with all thine heart.—Prov. 3:5.*

I have faith.

I laid hold on the *substance* of things hoped for.

No pecuniary trouble can come to me, for I am not afraid.

God careth for me.

8 *Happy is the man that findeth wisdom.—Prov. 3:13.*

Infinite Love has showers of wisdom.

I am happy in abundant wisdom.

I am content.

I find all I seek.

November

9 *No good thing will He withhold.—Ps. 84:11.*

I am a child of the Infinite Father who loves me.

He pours out blessings.

I have only to ask and be filled.

10 *I will command blessings upon you.—Lev. 25:21.*

All things the Father hath are mine.

God is all there is.

I am God's thought.

I express nothing but God.

11 *I will keep thee in all places.—Gen. 28:15.*

If God is for us, who can be against us when God is Good and all there is?

Good is over me—about me.

I feel its presence.

12 *I sought the Lord and He heard me.—Ps. 24:4.*

All day I listened to his Voice.

He hath blessed me in the silence.

November

13 *His banner over me was love.—Cant. 2:4.*

Let me radiate thy Love.
I carry thy banner aloft.
I am success because Love knows no failure.

14 *With all thy getting get understanding.—Ps. 38:27.*

I am complete in Him.
Divine consciousness is my understanding.
I am knowledge.
I know the Law.

15 *Charity never faileth.—II Cor. 13:8.*

Love is never weary.
Love understandeth all things.
Love overlooketh.
Love forgetteth.
Love forgiveth.
I am Love! I am Love!

16 *Blessed is he that considereth the poor.—Ps. 51:1.*

From Thy hand through mine I consider the poor.
I am thoughtful of their sadness.
I give to them of my abundance.
I am blessed in all this.

November

17 *The Lord give thee understanding in all things. II Tim. 2:7.*

The mind of God is forever within me.

I can accomplish all that I wish to do intellectually and physically.

I am strong. Well.

I am understanding.

18 *Thy gentleness hath made me great.—Ps. 18:35.*

Negative vibrations cannot penetrate my atmosphere.

Doubt, fear, are consumed by gentle vibrations of Love.

I am Harmony.

19 *To be spiritually minded is life and peace.—Romans 8:6.*

I am awake to my eternal being.
All is Glory and Peace.
I am Spirit.
Christ abides in me.

20 *Follow after charity.—I Cor. 14:1.*

I put away selfishness and pride.
I will love my neighbor.
I will do gentle deeds.
I will help those in need.
I am generosity.

November

21 *The light shall shine upon thy ways.—Job 22:28.*

My ways are illumined.
God is Light.
I am full of His light.

22 *Grieve not the Holy Spirit of God.—Eph.4:30.*

I will not attract unhappiness to myself.
I will radiate joy.
I will listen to the Holy Spirit.
I will be attentive to its teaching.
I will never neglect the hour of Concentration.

23 *The God of Peace shall be with you.—Phil. 4:9.*

Harmony is mine.
I fear no evil.
I am patient.
I am willing.
His Peace is all about me.
I am rocked in the Cradle of His Gentle Peace.

24 *Be not afraid, only believe.—Mark 5:36.*

I believe!
I am that I am!
I am faith!
I am courage!
I am hope!
I am rest!

November

25 *Whatsoever he saith unto you, do it.—John 11:3.*

I listen for the Voice of my Spirit.
I awaken to the sound.
I am lifted up.
I am thy servant to will and do thy good pleasure.

26 *Use hospitality one to another.—I Peter 4:9.*

I am Kindness, Generosity.
Things do not go wrong.
Nothing upsets me.
I am patient and loving.
I am thoughtful to the stranger within my gates.

27 *Show me now Thy way.—Ezek. 33:13.*

I have no sorrow, no regrets.
I keep out of the past.
I take all things as New Experiences to teach me Thy way.
I am in Thy way.

28 *John indeed baptized with water, but ye shall be baptized with the Holy Ghost.—Acts 1:5.*

I am warm with the great waters of Thy baptism.
I feel a serene quiet.
I am silent in awe.
I am praise.
I am joy.

November

29

The word of God grew and multiplied.—Acts 7:17.

Truth is with me.

I will give of my abundance that others seeing my good works may multiply Good.

30

And God, which knoweth the hearts, bare them witness giving them the Holy Ghost.—Luke 16:15.

I have food for mind and body!

Mine ear heareth the Voice of the Holy Ghost.

I am divinely happy.

L. of C.

December

1 *Keep thy heart with all diligence.—Prov. 9:23.*

In me there is no evil, no misery, no folly.
My heart holds only Divine Spirit.
I call forth the Power by my demand.
My heart serves Him diligently.

2 *Ye are Christ's and Christ is God's.—I Cor. 3:23.*

Love is God.

God is Omnipotent, and Christ is God's and God is mine.

3 *Watch and pray.—Matt. 24:41.*

I have no enemies.
No one can wrong me.
I feel only love for every human being.
I watch, I pray for love in all things.

4 *He that overcometh shall inherit all things.—Rev. 2:26.*

God is my sure supply.
He is my storehouse.
My cup runneth over.
I will overcome that I may inherit.
I am God's child to-day.

December

5 *I will receive you.—II Cor. 6:17.*

I stand before the Infinite.
He receives me.
I am in unison with Him.
I feel the Eternal.
I take deep breaths of the absolute.

6 *In all thy ways acknowledge Him.—Prov. 3:6.*

I am sure of my love for Him.
He vibrates in every part of my being.
I am uplifted.

7 *If ye know these things, happy are ye if ye do them.—John 13:17.*

I have known my Father.

He within, around, about, above, below—everywhere!

I am happy in His work.

8 *I have declared unto them Thy name, and will declare it, that the love wherewith Thou hast loved me may be in them, and I in them.—John 17:26.*

I welcome every experience that teaches me Love.

So great are my opportunities, I am boundless in Love.

December

9 *Jesus answered Pilate, thou couldst have no power at all against me, except it were given thee from above.—John 19:11.*

All power is of God.
Without Him! Without Him! I am nothing!
With Him, I am all power.

10 *Then said Jesus to them again, Peace be unto you.—Luke 20:21.*

The Infinite.
All inclusive.
Rest! Peace!
Is mine.

11 *And when He said this, He breathed on them and saith unto them, Receive Ye the oly Ghost.—Luke 20:22.*

One life, one breath, one substance, fills everything about me.
I breathe deep.
The Holy Spirit pervades me.

12 *And Thomas answered unto Jesus, My Lord and My God.—John 20:28.*

I am faith.
I am belief.
Seeing is believing, but Knowing is God's own truth.
Thou art My Lord! My God! Now!

December

13 *In Thy presence is fulness of joy.—Ps. 16:11.*

I hear the music of the heavenly spheres.
I am joy!
I am peace!
I am harmony!

14 *The Lord shall guide thee continually.--Is. 58:11.*

Nothing can disappoint me.
I am continually guided.
I fear no evil.
I am happy each day as I hear the voice of guidance.

15 *The word of the Lord endureth forever.—Isaiah 40:8.*

I know my Lord and Master.
He is steadfast, immovable.
I am power and glory through Him.

16 *Joy cometh in the morning.—Ps. 30:5.*

There is One Love, One Intelligence.
I am the expression of that creative energy.
I am free, I am joyful, I cry aloud in my abundant joy.

December

17 *Ask and ye shall receive, knock and it shall be opened unto you.—Matt. 7:7. Luke 11:9.*

In the silence I will demand that God's great storehouse be opened.

I make now my demand.

I knock at the door and lo! it is opened.

God is within. I am His.

18 *Beloved now are we sons of God.—I John 3:2.*

God's omnipotent power is over me, holds me, strengthens me.

I am a child of God.

In Him I live, I love, I trust.

19 *Jesus saith unto him, I will come and heal him. —Matt. 8:7.*

Pain is not, evil gone, for Christ is here.

I am well.

He has healed me of sinful thoughts.

I am courage.

I am health.

I am faith.

20 *For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death. —Romans 8:2.*

All life flows from the infinite fountain of life, from the Spirit.

I cannot be ill, for I draw all breath from the Spirit.

I am pure spirit. I am conscious spirit.

December

21 *For we walk by faith, not by sight.—II Cor. 5:7.*

My way is clear for I am faith.
The Spirit guides me by faith.
I see the way.
All is well.
All is good.

22 *What! Know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?—ICor.6:19.*

God Within. Good within.
I do not have to "try to be good."
I only *let be* and good emanates from me.
I am Spirit.
I am Love.

23 *That thou appear not unto men to fast, but unto thy Father which is in secret, and thy Father which seeth in secret will reward thee openly.—Matt. 6:18.*

I am perfectly poised.
I am centered, physically, mentally, spiritually.
How can I be else when God makes my wheel go round *at the centre?*

24 *For where your treasure is, there will be your heart also.—Matt. 6:21.*

In God is my abundance. I am rich!
The more I "do unto others" so much greater God pours into me.
I am a Cornucopia of His Love.
I give and I receive.

December

25 *Afterward Jesus findeth him in the temple, said unto him, behold thou art made whole; * * * sin no more.—John 5:14.*

It is a sin to be ill.
I will not sin even in thought.
I am well. God is in me.
Every throb of His Engine sends me Power.
I am a part of His Perfect Self.

26 *Jesus came and spake unto them, saying, All power is given unto me in and on earth.—Matt. 28:18.*

In Jesus who is the way, the truth, the life, I trust! I trust!
He leadeth me.
I know no fear.
Great Power is mine.
I feel its enthusiasm. I am Love.

27 *Well done good and faithful servant; thou hast been faithful over a few things; I will make thee ruler over many things; enter thou into the joy of thy Lord.—Matt. 25:23.*

I am ruler over myself.
I do not battle with envy or impatience.
I am Peace! Power! Harmony!

28 *But He went out and began to publish it much. —Mark 1:45.*

I will speak the word for others.
I will be fearless in the truth.
I am Truth.

December

29 *Praise the Lord; for the Lord is good.—Psalm 135:3.*

He is good.
He is good to me.
I am thankful.

30 *I will praise Thee with my whole heart.—Psalm 138:1.*

Not grudgingly, but with my whole heart and soul I cry aloud,—God is in me! He is my shield and strength: My sword and buckler!

31 *He will ever be mindful of His covenant.—Ps. 111:5.*

I have no trials.

All things seem small except His Love. His Covenant.

It seems childish to worry, to be angry or envious.

When God has so much for me.

He keeps His Covenant.

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